AMERICAN · DESSERT · SNACK

# Keto Blueberry Muffins with Almond Flour

35 min · plus cooling | Makes 12 × 1 muffin | 204 kcal a portion | Video 5:46 · Clean & Delicious

Vegetarian | Gluten-free ingredients | Dairy-free

Almond flour, eggs and coconut oil with fresh blueberries, sweetened with monk fruit instead of sugar: about 4 g net carbs and 6 g protein a muffin.

**Diet notes:** Keto (4.2 g net carbs a serve).

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## Ingredients 11 · MAKES 12 × 1 MUFFIN

- ☐ 2½ cups **extra-fine almond flour**
- ☐ ½ cup **monk fruit sweetener** (monk fruit and erythritol blend)
- ☐ 1½ tsp **baking soda**
- ☐ ½ tsp **sea salt**
- ☐ 3 **eggs**
- ☐ ⅓ cup **coconut oil** (measured, then melted)
- ☐ ⅓ cup **unsweetened almond milk**
- ☐ 1½ tsp **lemon zest**
- ☐ 1 tbsp **lemon juice**
- ☐ 1 cup **fresh blueberries**
- ☐ 1 tbsp **gluten-free flour blend**, for tossing the berries (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Egg, Tree nuts. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F and line a 12-cup muffin tin with paper cases (or grease it). 0:35
2. In a large bowl whisk the almond flour, monk fruit sweetener, baking soda and salt. 0:55
3. In another bowl mix the eggs, melted coconut oil, almond milk, lemon zest and lemon juice well. 1:51
4. Add the dry ingredients to the wet and stir until you have a light, fluffy batter. 2:43
5. Gently fold in the blueberries until just mixed. Tossing the rinsed berries in 1 tbsp gluten-free flour first stops them sinking (skip it for strict keto). 2:57
6. Divide the batter evenly among the 12 cups, starting with a little less and topping up. 3:24
7. Bake 25 minutes, until lightly golden, set and fragrant. Let the muffins cool completely before eating. 3:39

> **Tip** Keeps up to a week in an airtight container in the fridge, or freeze. Melted butter can replace the coconut oil and any milk the almond milk.

The method is a summary in our words — the video shows every step.

## One portion (1 muffin) gives you 1 OF 12 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 204 kcal | 6.2 g | 7.2 g | 3 g | 18 g | 280 mg |
| 860 kJ | 12% of a day | 4.2 g net · 2.3 g sugars | 11% of a day | 6.2 g saturated | 12% of a day |
| | | 3% of a day | | 23% of a day | |

**Energy from** net carbs 8% · protein 12% · fat 80% — fits keto: 4.2 g net carbs, 80% of the energy from fat

**High in** (20%+ of a day) Vitamin E 38%

**Source of** (10–19%) Magnesium 14%

**Recipe and video:** Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=hcCipn0cwZA, published 18 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-blueberry-muffins-almond-flour